

# Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

100 Clynelish Close, Pittsboro, NC  
919.545.2133  
www.DukeFitnessFearington.com

## member notes

### NEWS IN THE CENTER | May/June 2021

#### PRO SHOP UPDATES

The DCFL Pro-Shop is OPEN!  
Get ready for summer in a DCFL hat or visor. We also have t-shirts, ear buds, swim supplies and much more!

#### Bootcamp is Now Functional Conditioning

##### Outdoor Functional Conditioning

**Day:** Tuesdays, starting May 4th

**NEW Time:** 5:05 PM – 5:50 PM

This multimodality class utilizes various strength equipment and cardio drills. A challenging class guaranteed to keep you moving.



#### Outdoor Zumba® Gold

**Day:** Thursdays, starting May 6th

**NEW Time:** 8:00 AM – 8:50 AM

Zumba is a Latin inspired dance-fitness program. Zumba Gold features easy to follow choreography focusing on balance, range of motion and coordination.

Space is limited, registration required for all in-person group exercise classes through the Online Member Portal or Member Services. Registration begins 7 days in advance at 9:00pm.

#### Chatham County Senior Games

DCFL will be hosting the swim events for the Chatham County Senior Games. The pool will CLOSED on Tuesday, May 25th from 2:00pm-4:00pm for this event.



#### Medical Fitness 10K Walk

May 10th – May 16th

Help DCFL win the step challenge against other Medical Fitness Centers nationwide. Last year, we totaled 2,445,762 steps—let's see if we can reach 3 million this year! Step logs and step equivalents will be available in May.

#### alzheimer's association® Alzheimer's

Friday, June 18th

**Cost:** Donation, suggested \$5 per class or \$25 for the day

DCFL will be showing our support for Alzheimer's Awareness with The Longest Day Move-a-thon! There will virtual or outdoor group exercise classes non-stop all day to raise awareness for those affected by Alzheimer's disease. YOU can participant by joining us for one or more group exercise classes. We ask that you make a donation to help us raise funds for the Alzheimer's Association. More details coming soon!

**Holiday Hours:** Monday, May 31st  
– Memorial Day – Open 6:00am-2:00pm

#### MAY UPDATES

##### Expanded Hours

Beginning May 1st, DCFL will be expanding our hours of operation.

- **Monday – Friday:** 6:00am – 6:30pm
- **Saturday:** 8:00am – 4:00pm

The pool reservation times will be updated to increase the number of available lanes for reservation throughout the day.

##### Updated Registration Window

Registration is required for all pool use, track use, and group exercise classes. Starting May 1st, registration will be available **7 days in advance, beginning at 9:00pm.**

##### Showers

Locker room showers are now open for use. Bring your own towel.

##### Reminder

All members, guests, and employees must continue to follow all COVID-19 safety protocols, even if they have been vaccinated. These protocols are updated periodically with guidance from Galloway Ridge and Duke Health.

##### Amber Smith

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##### Kayla Laird

###### Fitness Manager

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##### Stephanie Winegar

###### Member Services Manager

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# may wellness seminars

These are free and open to the public, so invite a friend!

## A Virtual Wellness Summit (Towson University Students)

1:50 PM – 3:15 PM

Zoom, Meeting ID 870 1228 7235, no password

Tuesday, May 4th

Should I Exercise in the Morning or Later in the Evening?

The Benefits and Costs of Exercise vs. Medications

Moving with Ease: Understanding the Inner Workings of Osteoarthritis

Thursday, May 6th

How to Combat Disease by Living Life Healthy

Free Your Mind with Exercise

Let's Start Lifting: How Resistance Training can Improve Bone Health

Tuesday, May 11th

How Low Impact Interval Walking can have a Big Impact on Your Health

The Secret to a Happy Life: Exercise

Exercise and Physical Activity: A Booster Shot for the Immunity

Learn something new and help students gain valuable experience! Each presentation will last approximately 25 minutes, so come when you can and leave when you have to. No registration required

## May Seminar Topics

*Scapular Function for Shoulder Health*

*Don't Resist this Seminar on Resistance Bands*

*Managing Stress Before it Manages You*

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[www.DukeFitnessFarrington.com](http://www.DukeFitnessFarrington.com)

**Follow us on Facebook!**

<https://www.facebook.com/DCFLFarrington/>



### Cardio Dance

Friday, May 14th | 1:00pm - 1:50pm | FREE on Zoom

Cardio dance delivers a high energy, low-impact cardiovascular workout using dance inspired choreography and movements.



### May Mind-Body: Tai Chi

Tuesdays in May | 12:30PM-1:30PM | Free to active members, Non-members may purchase Virtual Guest Pass

Join Dr. Jay Dunbar on Zoom for serenity through gentle movements connecting the mind and body; used for stress reduction and to improve health, balance and flexibility.

To access all virtual group exercise classes, a one-time registration is required through the Online Member Portal or Member Services. Once registered, the Zoom meeting ID and password will be sent to your email.



### June Mind-Body: Zumba Toning®

Thursdays in June | 5:30 PM-6:20 PM | Free to members, guest pass required for non-members

Head out to DCFL's Outdoor Group Exercise space for a rockin' party with Debbie S. Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Students learn how to use lightweight toning sticks or free weights to enhance tone in all their target zones, including arms, abs, and thighs.

Space is limited, registration required for all in-person group exercise classes through the Online Member Portal or Member Services. Registration begins 7 days in advance at 9:00pm.